

COMPASSION  
CONNECTORS  
AUSTRALIA

GLOBAL  
COMPASSION  
COALITION

# COMPASSION CONNECTORS AUSTRALIA

## Compassion brings us together

The Global Compassion Coalition (GCC) is a worldwide movement to make compassion a civic, cultural, and environmental force.

## Together we can change the world

We unite individuals, organizations, and leaders to confront the systemic causes of suffering and replace them with systems of care.

**Become a Compassion Connector:**

<https://www.globalcompassioncoalition.org/connectors/>

**E:** [Australia@globalcompassioncoalition.org](mailto:Australia@globalcompassioncoalition.org)

**Register for the HomeGround App:**

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## THE PROBLEM

Our world is facing pressing challenges - climate breakdown, threats to democracy, pandemics, rising conflict, and refugee crisis. The need to put care, connection, and compassion at the heart of our societies has never been more urgent.

## THE POSSIBILITY: And we can do it!

Evolutionary science and millenia of insight and wisdom has shown that humans are not only wired for compassion but know how to build compassionate cultures. Our job is to start creating societies which reflect this truth of who we are and what we need.

## An Introduction to Compassion

Compassion is the recognition of the suffering of others, coupled with a strong desire to alleviate it. It goes beyond feeling sorry for someone - compassion involves taking concrete steps to ease others' pain, whether through kind words, listening attentively, or advocacy. It is not just about large gestures; compassion thrives in the small, everyday acts that contribute to making the world a better place.



## What we do

The Global Compassion Coalition provides a vehicle for people and organizations across the world to connect and organize to build societies based on the value of compassion.

## How we do it

- **Activating:** We help people see that a new way of living is possible and equip them to be agents of change in their community and country
- **Catalyzing:** We catalyze coalitions of organizations, thinkers, and changemakers who, together, design and experiment with ways to shift systems towards compassion.
- **Uniting:** We unite our members and groups in international campaigns for policy changes, embedding compassion across societies.

## As community members: What can we do?

One way to embed compassion across societies is the formation of the Compassion Connector Program

## Welcome to the Journey

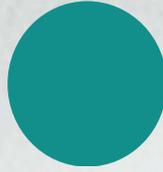
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## WHERE ARE WE NOW?

### Join the Compassion Journey

Every person can help build a society rooted in compassion. Whether your passion is education, healthcare, gender equality, or sustainability, your efforts matter! Compassion is empathy in action - small everyday acts that make a big difference. By practicing compassion, we create a ripple effect that inspires others to create a global ethic of care.

**Ready to make a difference?**

## WHAT ARE THE BENEFITS?

### Compassion isn't just an idea - it has measurable effects.

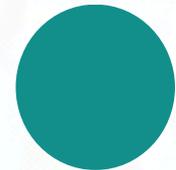
When we integrate compassion into our daily lives, we create a ripple effect that benefits ourselves and those around us.

Studies show that practicing compassion can:

- **Reduce stress and anxiety**
- **Improve physical health**
- **Enhance relationships**

Even small acts, like listening or helping can transform someone's day and inspire more kindness.

**Imagine the impact if each of us chose one act of compassion every day?**



## WHY COMPASSION?

### It is the FOUNDATION for CHANGE

**Compassion is at the core of humanity.** It builds trust, strengthens relationships, and creates inclusive communities.

**It is also a driving force for change.** In times of crisis, compassion brings people together, fuels social movements, and challenges injustice.

**Your actions can help create the change we need - start today!**

## WHAT ELSE CAN WE DO?

### Creating the change we want

By becoming a **COMPASSION CONNECTOR**, we show what is possible. Leading with compassion doesn't change the world - it changes you! You'll discover new strengths, fresh meaning for your actions, and a deeper sense of connection to the people around you. It is a journey of personal growth and a shared purpose.

As a **COMPASSION CONNECTOR**, here's what you can look forward to:

- Practical tools and support (workshops, toolkits, campaigns)
- A powerful network of changemakers
- Personal development (leadership, mentoring)
- Opportunities to showcase your work and join global initiatives.

**Every step counts...from little things...big things grow!**



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## WHAT CHOICES DO WE HAVE?

Compassion starts by choosing care, kindness, and understanding

Your first steps as a **COMPASSION CONNECTOR**:

- **Start small:** One compassionate action each day
- **Learn and reflect:** Explore what compassion means to you
- **Connect:** Find spaces where compassion is needed
- **Reach out:** Join a growing network of connectors

*It is about inspiring others to create a culture of care ... will you choose compassion today?*

## WHAT ARE OUR GOALS?

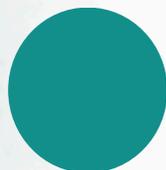
Growing the impact of compassion

Just like any other journey, living compassionately grows over time. One way to stay motivated and focused is to set small, meaningful goals. These give you something to work toward and celebrate along the way.

Ask yourself:

- What's one small act of kindness I can commit to this week?
- Is there someone in my life or in my community who could use extra kindness right now?
- How can I help my family, people in my workplace, school or community create a culture of compassion?

**Set goals that feel achievable and align with your values. Remember ... you don't need to change the world all at once?**



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## NEED MORE INSPIRATION:

Meaningful ways to bring compassion into your daily life

- Check in with someone
- Offer support
- Speak kindly
- Make space
- Give generously
- Express gratitude
- Practice patience
- Uplift a voice
- Speak out against injustice
- Mentor someone



*When we act with compassion, we send a message: You matter - you are not alone. We show what is possible when we lead with heart.*

## WHAT IS A COMPASSION CIRCLE?

Purpose of Compassion Circles

Compassion Circles are a group of people coming together to feel and cultivate their compassion through sharing, inner reflection, empathic listening and connection.

All of that comes together to help us cultivate a real feeling of support, connection and compassion together.

**Connection:** In a Compassion Circle we get perspectives, experiences, emotions, and through that we will gain an even greater understanding of other people. We will cultivate our empathy and expand our moral circle.

**Support:** Many of us, because the nature of our modern living, sometimes go through the day without feeling a great deal of care and support.

**Compassion Circles give us an opportunity to create a space where we can come together and feel that we are cared for, valued and recognized in our community or workplace**

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